

Corn Bread Taco Bake

This casserole is a good company dish, my Black Bean & Corn Delite accompanies this dish nicely.

1-1/2 lbs	ground turkey	1 can (8 oz)	Tomato sauce
1 package	taco seasoning	1 package	corn muffins mix
1/2 cup	water	1 can (2.8 oz)	French Fried Onions
1 can (15 oz)	corn, (drained)	1/3 cup	cheddar cheese shredded

Procedure

1. In a skillet, brown meat and drain. Stir in taco seasoning, water, and corn and tomato sauce.
2. Pour into a 2-quart casserole.
3. In a separate bowl, prepare corn muffin mix according to package directions except add 1/2 can french fried onions.
4. Spoon corn muffin mixture around outer edge of casserole.
5. Bake uncovered @ 400° for 20 minutes.
6. Top corn bread with cheese and remaining onions and bake 2 to 3 minutes longer or until cheese is melted.

Servings: 6

Yield: 1/6 per person

Degree of Difficulty: Easy

Preparation Time: 20 minutes

Cooking Time: 23 minutes

Total Time: 43 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (8.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	329.21
Calories From Fat (42%)	138.07
% Daily Value	
Total Fat 15.07g	31%
Saturated Fat 5.61g	37%
Cholesterol 106.28mg	47%
Sodium 1562.02mg	87%
Potassium 478.65mg	18%
Total Carbohydrates 20.99g	9%
Fiber 2.4g	13%
Protein 25.7g	69%

Recipe Type

Main Dish

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.